



A change for the better

Helping clients take the first steps
towards cutting down their drinking

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Training
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Gut reaction

Musculoskeletal problems
and gastrointestinal health

A view from the salon

Behind the scenes of
a thriving business

Spinning into form

Explore a crown
chakra meditation

A grey revolution

SPORTS THERAPIST **JOHN MOLYNEUX**, MFHT,
ON THE INSPIRATION BEHIND HIS EXERCISE
BOOK FOR OLDER PEOPLE

We are all aware that, as the years go by, the ageing process begins and our bodies start to slow down. What I fail to accept is that we should just roll over and let it happen, abandoning the interests and activities that we enjoy. It seems to be cemented in our culture that once we reach a certain age, changes in mobility and physical function are 'to be expected'. That's why I'm trying to start a revolution and show older people that with a little knowledge, effort and consistency, age should not mean we have to 'give up'.

My passion and drive comes from my grandfather who, like so many of his generation, volunteered to go to war and served as a nurse in the Far East. He came home injured and with a chronic lung infection, which the medics said would disable him for life. However, with a strong will and determination, he overcame his health issues through exercise and never looked back.

My love of and passion for the human body and how it works began when I was a small boy, watching my grandfather do his breathing exercises and working on his posture. Right up to his 80s, we trained together using free weights and other regimens.

I learned so much from him during those years, but unfortunately also witnessed the way he was treated as he got older and started to decline. It upset me that where I saw my best friend and hero, others could only see an old man. It's here that my drive to champion age and what it should represent all started. This is what drove me to focus on working with older people as a sports therapist and why I wrote my book, *A Better You in Later Life*.

I wanted to keep the book simple and to the point, without any technical jargon. By the time the reader gets to the end of the book, I hope they will understand that they don't have to put up with pain or surrender a life they thought was out of reach. It's split into four sections and covers listening to your body, posture, identifying imbalances, activating the core, stretching and strengthening the muscles, and putting together exercise routines.

The clients I started working with 20 years ago are still doing the same exercises today. The key is good posture, keeping the muscles strong and staying flexible. So many people are walking around with aches and pains or – even worse – not walking, when it doesn't have to be that way. It's a vicious circle, as all good therapists know: illness or injury occurs, weakness and fatigue set in and bad habits form. It is pointless worrying about core, posture and form when the body is tired, and it is far too easy as you get older to allow your body to become tired.

It doesn't take much to halt this. Just encouraging a little bit of safe, regular, daily exercise can honestly change an older person's life. **IT**

